

Finding the Power to Change











**Just another
New Year's
resolution?**







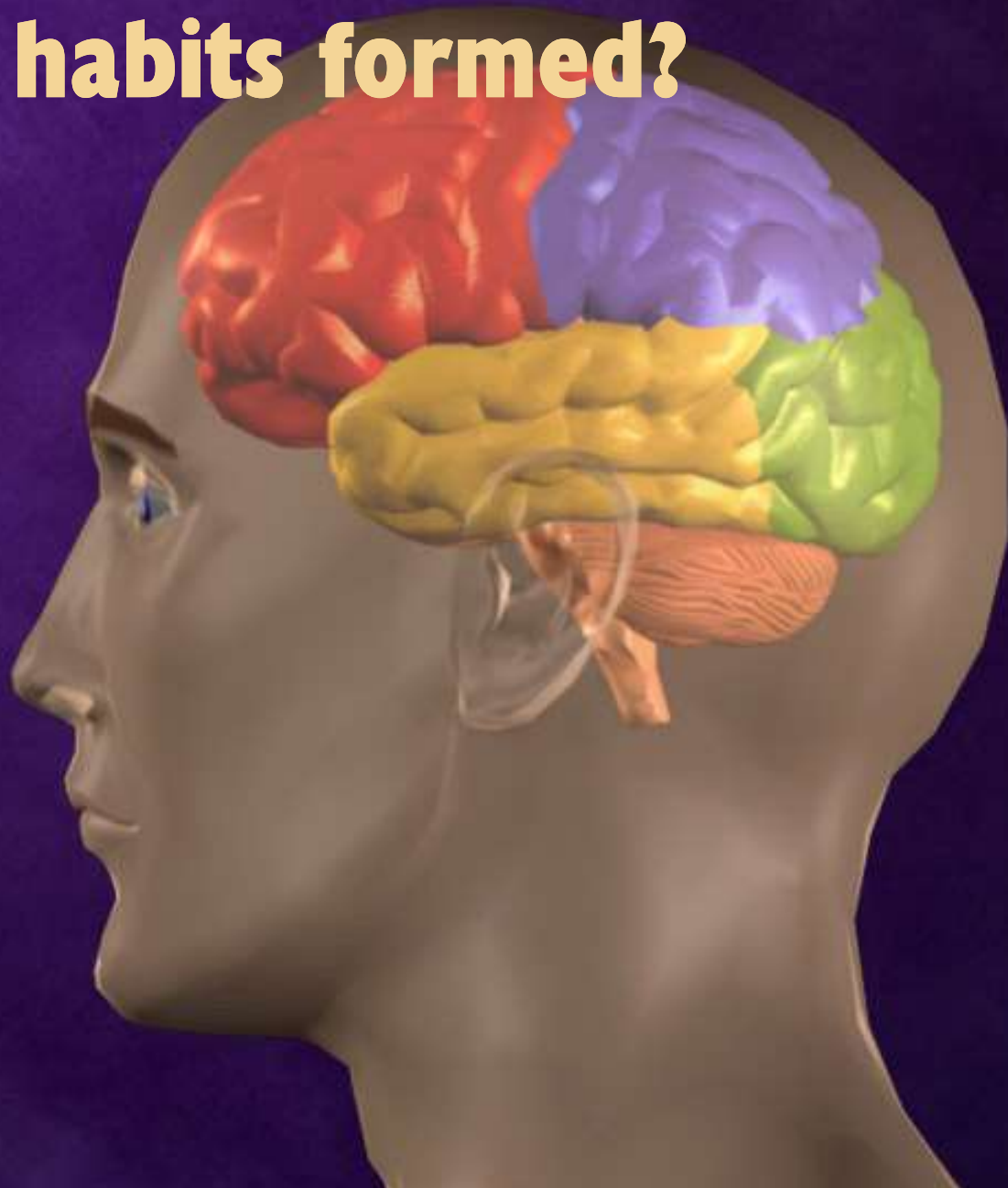




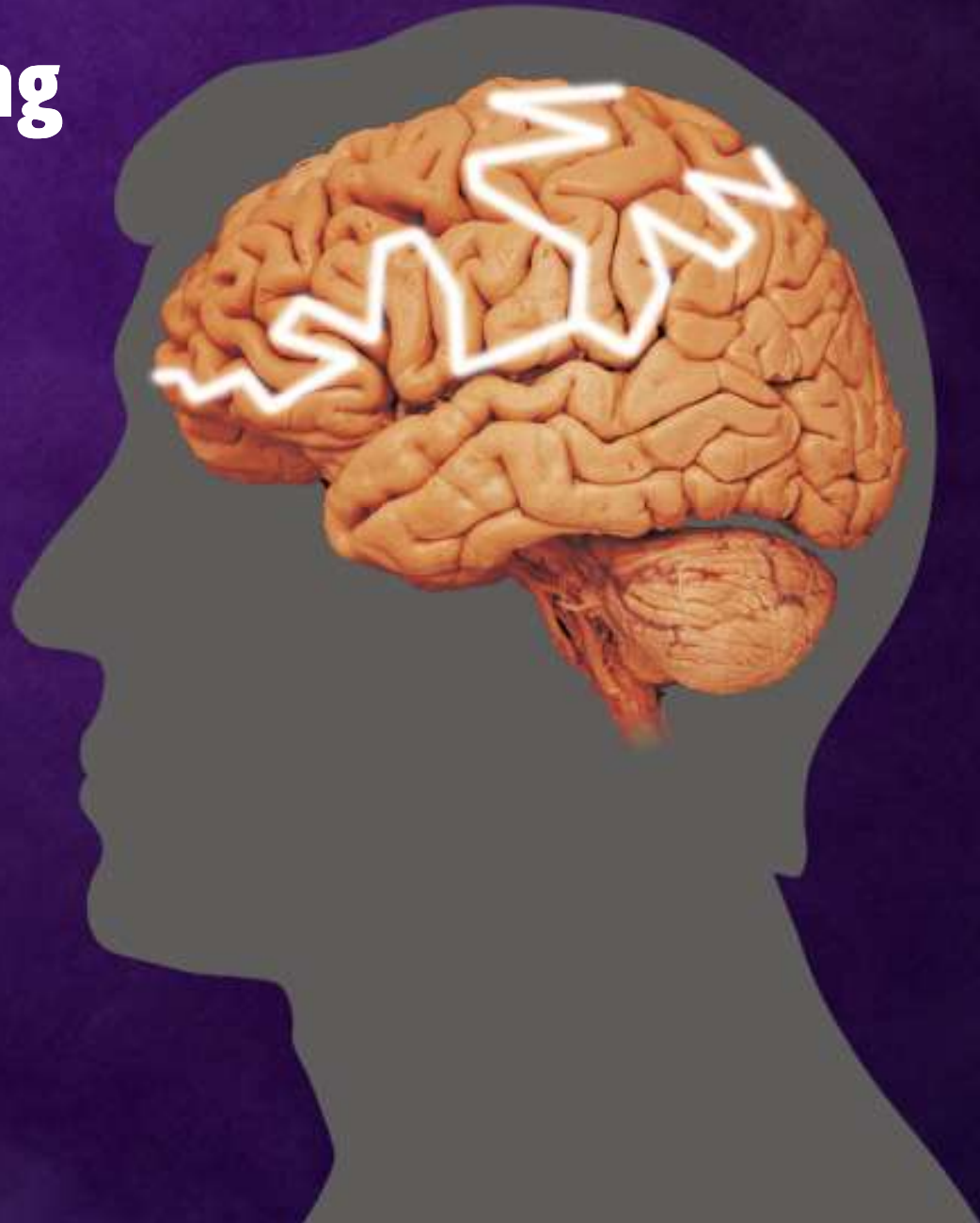
**Habits tie
us down**



How are habits formed?



Establishing habits





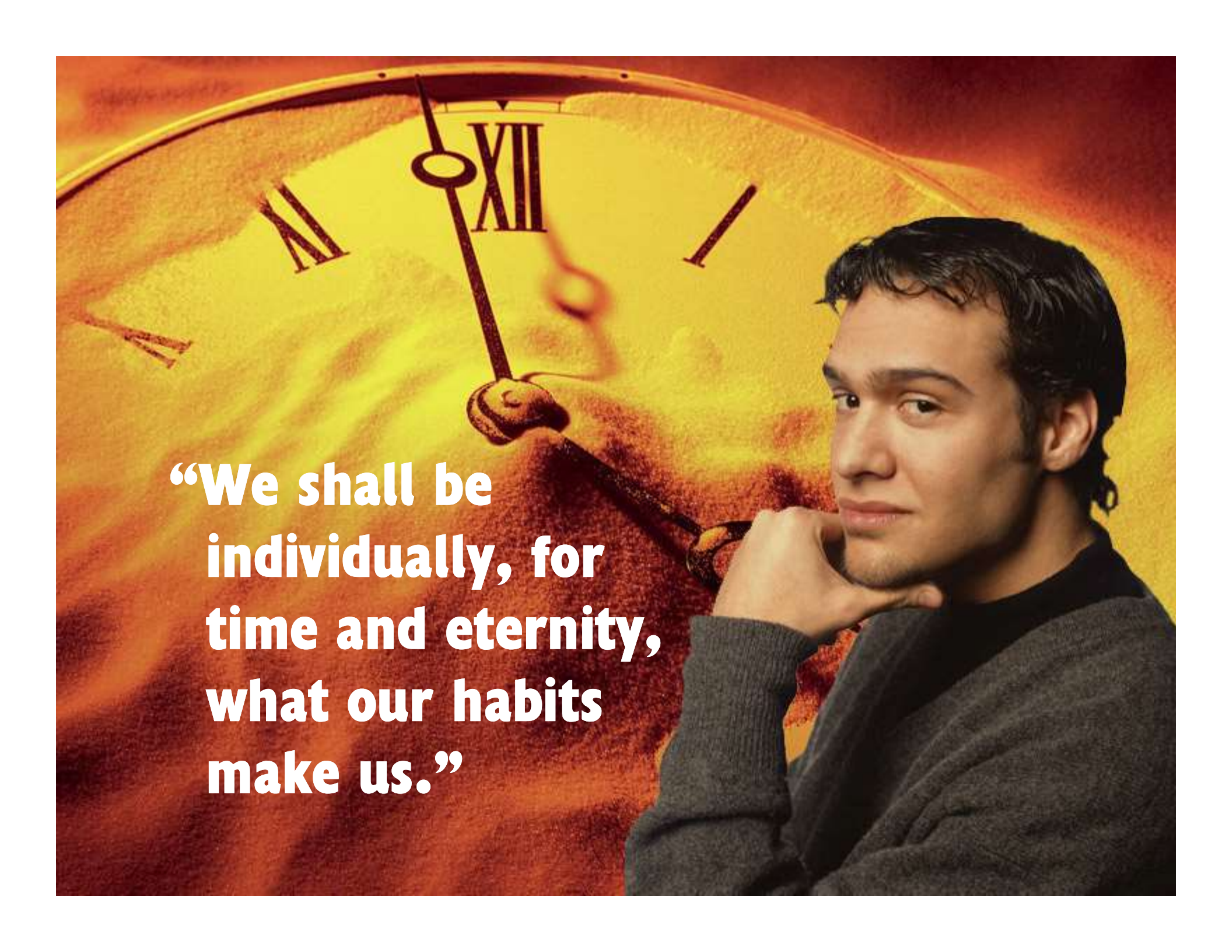








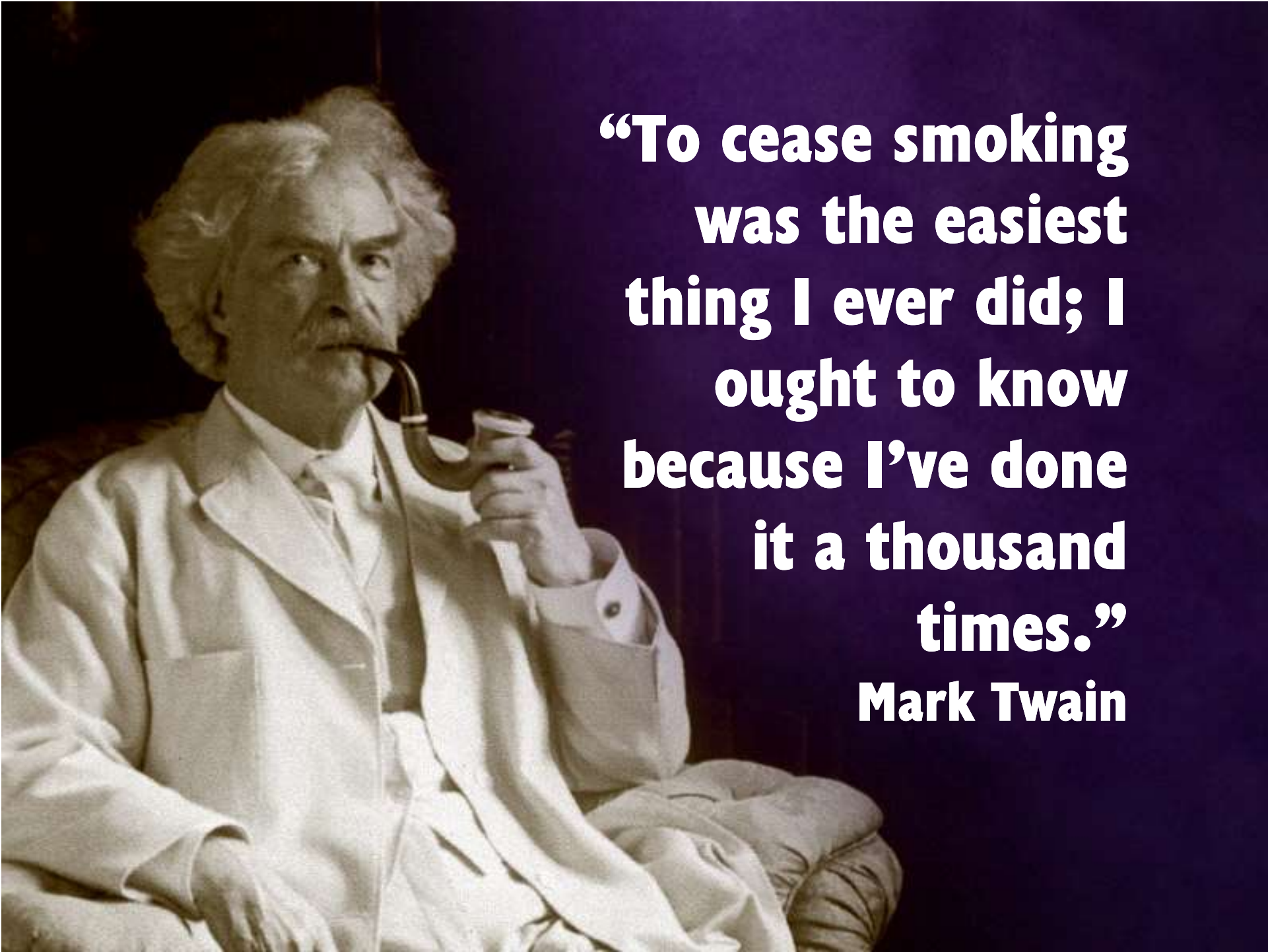


A man with dark hair, wearing a grey sweater, is shown in profile, resting his chin on his hand and looking thoughtfully towards a large, glowing clock face. The clock face is the central focus, featuring Roman numerals and a hand pointing towards the VII. The background is a warm, fiery orange and yellow gradient, suggesting a sunset or sunrise. The overall mood is contemplative and philosophical.

**“We shall be
individually, for
time and eternity,
what our habits
make us.”**



Addictions

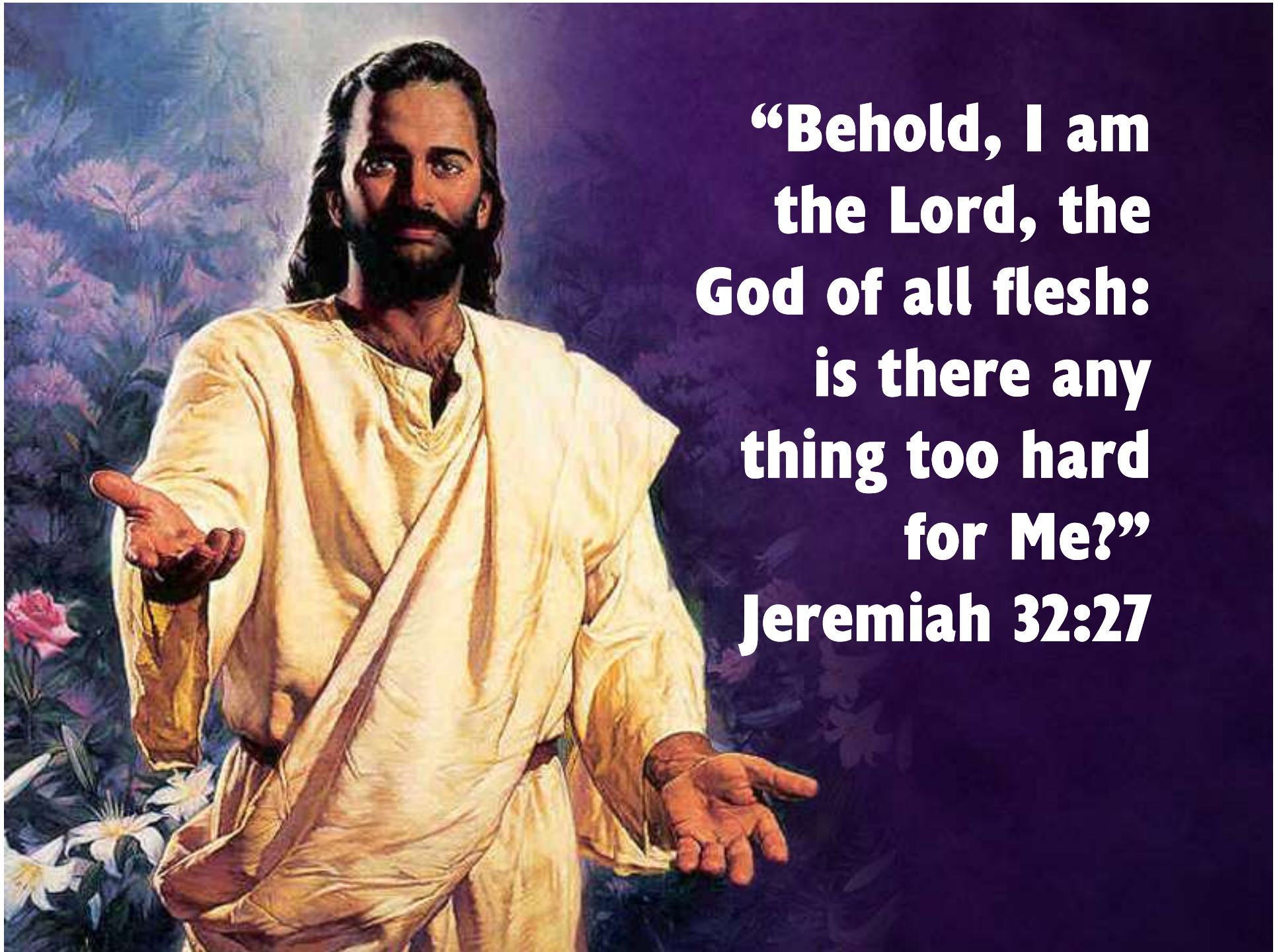


**“To cease smoking
was the easiest
thing I ever did; I
ought to know
because I’ve done
it a thousand
times.”**

Mark Twain



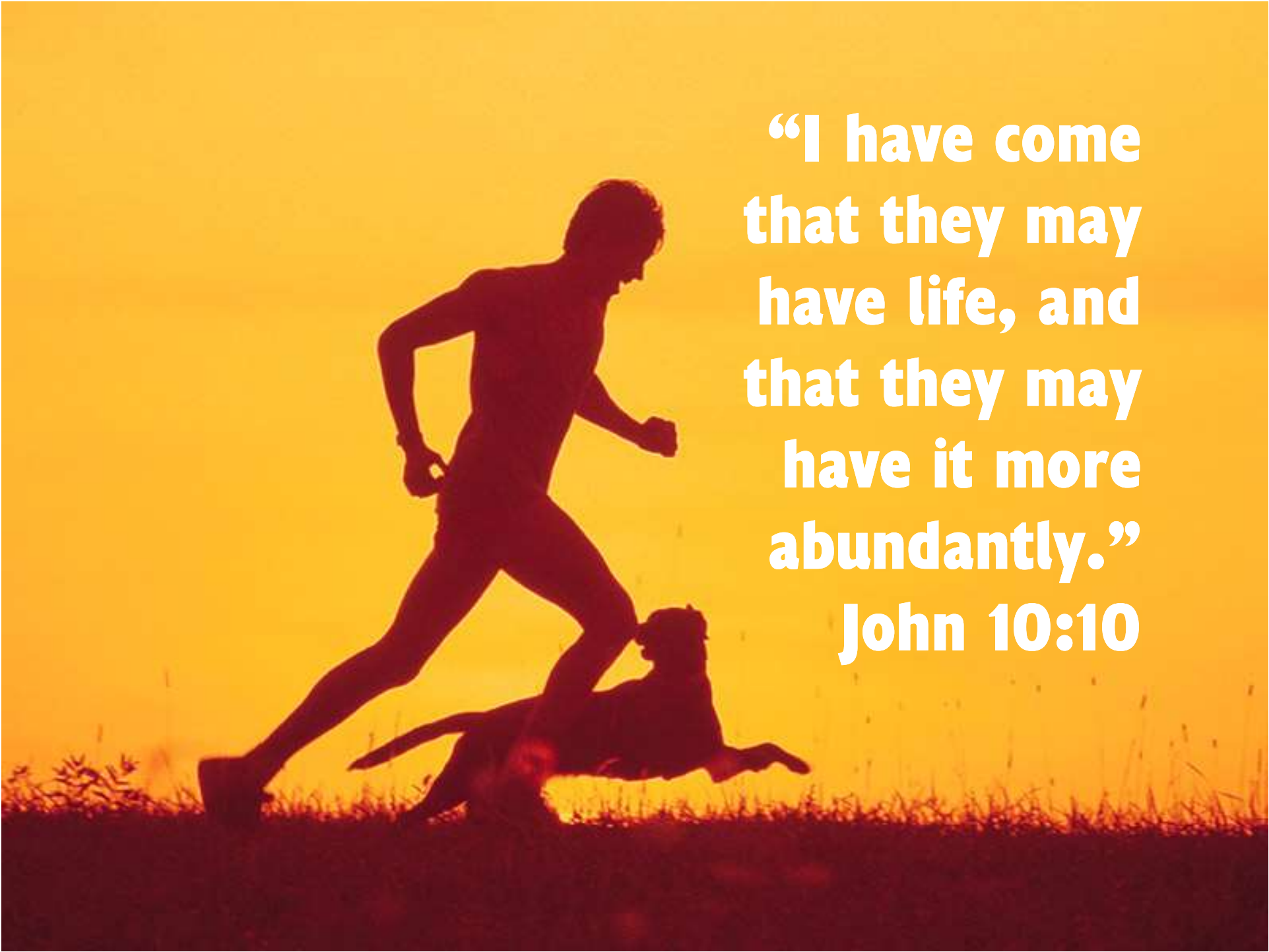




**“Behold, I am
the Lord, the
God of all flesh:
is there any
thing too hard
for Me?”
Jeremiah 32:27**



God cares

A silhouette of a man and a dog running in a field at sunset. The man is in the foreground, running towards the right, with his arms pumping. A dog is running alongside him, also towards the right. The background is a bright, golden-yellow sky, and the foreground is dark, suggesting a field of grass. The overall mood is energetic and hopeful.


**“I have come
that they may
have life, and
that they may
have it more
abundantly.”
John 10:10**

**How does
God work?**







A close-up photograph of a person's hands clasped in prayer over an open Bible. The hands are positioned on the right side of the frame, with fingers interlaced. The Bible is open, showing text on the pages. The lighting is warm and focused on the hands and the book. The background is dark and out of focus.

“God is faithful, and He will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, that you may be able to endure it.”

1 Corinthians 10:13



Cooperate with God

**Decide
to change**



**Make a
clean break**





Moderation?





Make a clean break



**Occasional
indulgence**

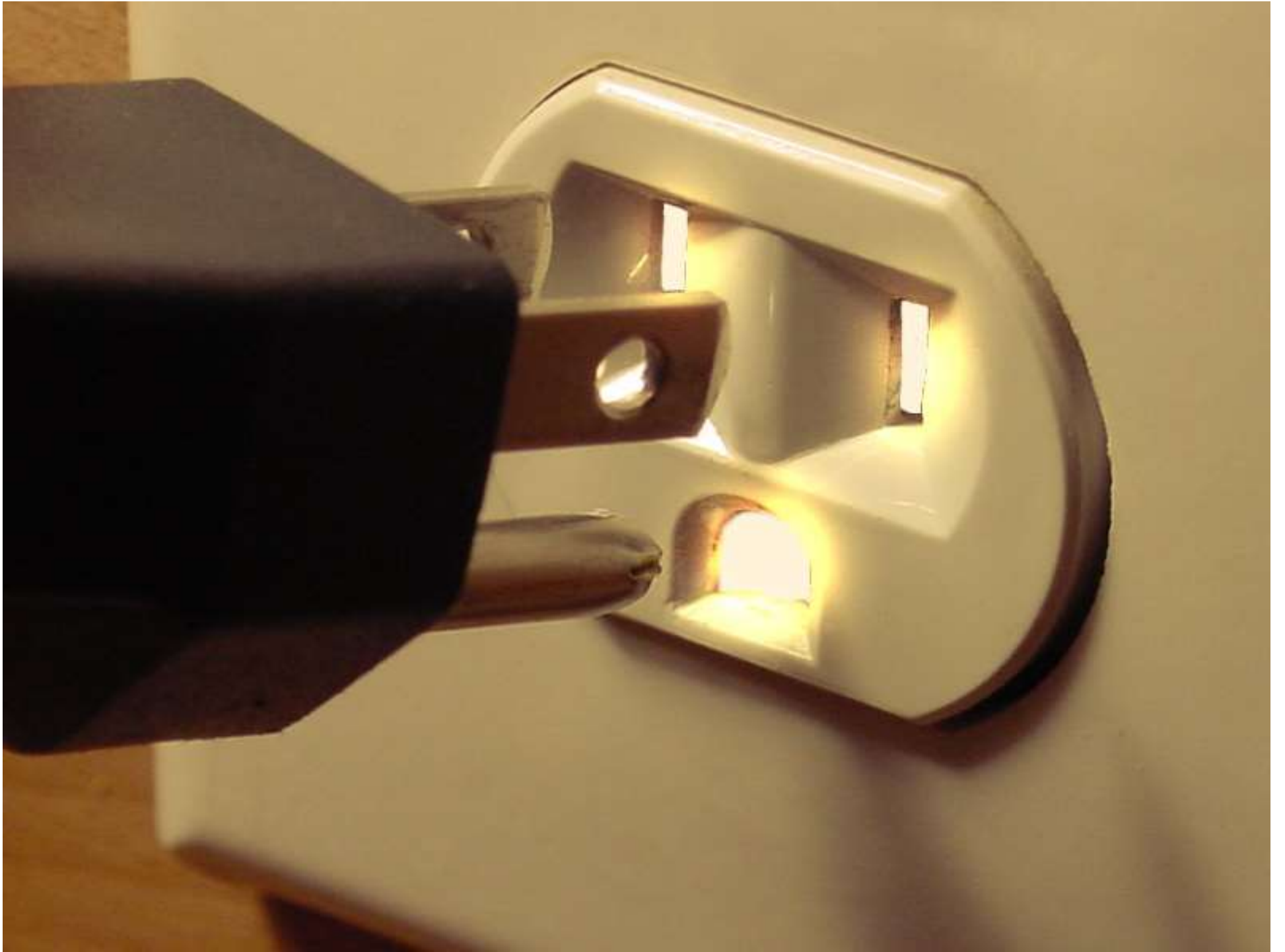


A close-up photograph of a woman with light brown hair, wearing a red scarf and a dark jacket, eating a green apple. She is looking slightly to the right with a pleasant expression. The background is a soft, out-of-focus landscape with a blue sky and a red object, possibly a chair or cushion.

Temperance

**Abstaining
entirely from
that which is
harmful, and
using wisely
that which
is good.**





1. Ask



**“If you then being evil
know how to give good
gifts your children, how
much more will your
Father who is
in heaven give good
things to those
who ask Him!”
Matthew 7:11**



2. Believe




**“Therefore I say to
you, whatever
things you ask
when you pray,
believe that you
receive them,
and you will
have them.”
Mark 11:24**



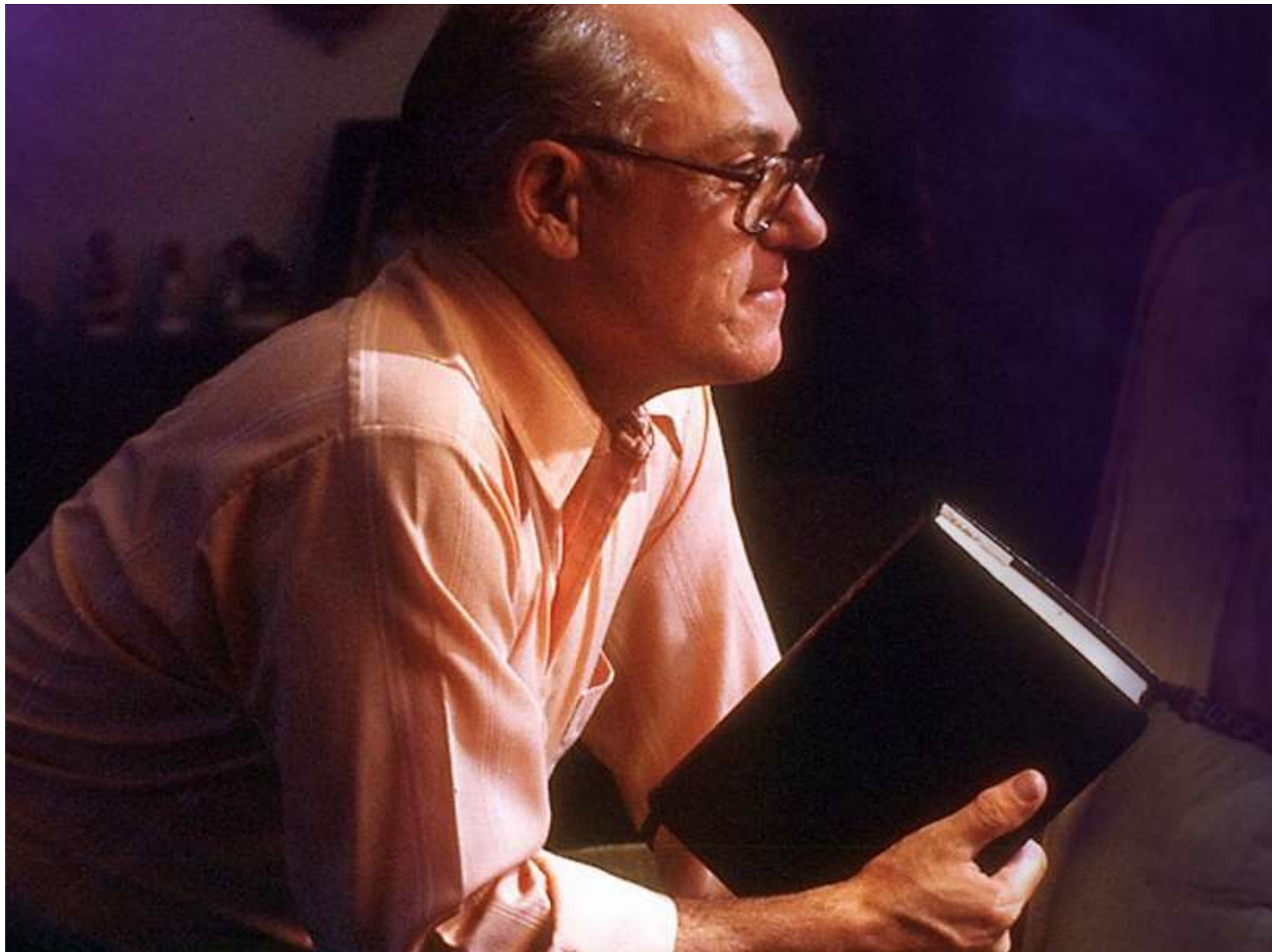
3. Make no Provision to Fail





**“Put on the
Lord Jesus
Christ, and
make no
provision for
the flesh, to
gratify its
desires.”
Romans 13:14**







We must persevere



**“I can do all things
through Christ who
strengthens me.”
Philippians 4:13**

